

# **BUDDHISM IN PRACTICE – Part 1**

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## **Introduction – by Ven Dr M. Punnaji Maha Thera**

❖ **BUDDHISM IN PRACTICE** is a growth technique, the gradual development & growth of the human being;

There are two levels of practice:

- Householder (lay) practice;
- Monastic practice.

The path to both levels of the practice is one . . .

### ✓ **THE SUBLIME EIGHTFOLD WAY:**

- I) Harmonious Perspective (*sammā-ditthī*)
- II) Harmonious Orientation (*sammā-sankappa*)
- III) Harmonious Speech (*sammā-vācā*)
- IV) Harmonious Action (*sammā-kammanta*)
- V) Harmonious Lifestyle (*sammā-ājīva*)
- VI) Harmonious Exercise (*sammā-vāyāma*)
- VII) Harmonious Attention (*sammā-satī*)
- VIII) Harmonious Mental Equilibrium (*sammā-samādhi*)

**HOUSEHOLDER  
PRACTICE**

- ❖ The essence of the Harmonious Perspective (*sammā-ditthī*) is that the Self-Centered way of living is the cause of all suffering;
- ❖ Therefore this practice is an effort to transform one's Self-Centered way of living into a **Selfless** way of living;
- ❖ One begins the practice by getting the inspiration from the Buddha, by appreciating his great achievement of **Selflessness**;
- ❖ This leads to a Goal Orientation which is the Harmonious Orientation (*sammā-sankappa*).

### **THE HOUSEHOLDER PRACTICE**

The Goal is to cultivate **SELFLESSNESS**;

Transform SELF-CENTEREDNESS nature into SELFLESSNESS nature;

There are 5 stages of cultivation in the Householder practice:

1. Devotion (*Saddhā*);
2. Morality (*Sīla*);
3. Learning (*Suta*);
4. Self-sacrifice (*Cāga*);
5. Insight (*Paññā*).